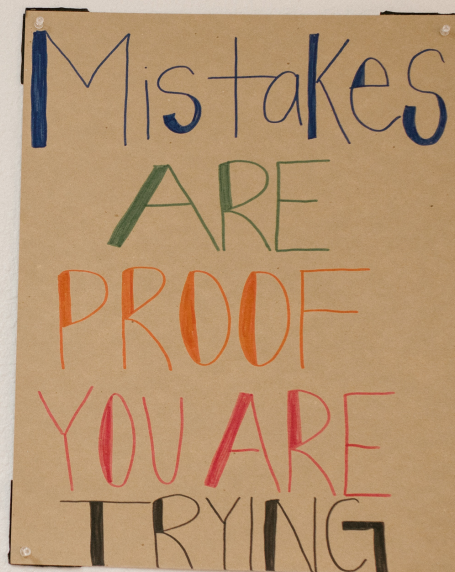


SENIOR SCHOOL

St Mary's Newsletter for teenagers

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

2 Corinthians 12:9



WHAT'S GOING ON @ ST MARYS

From 24th June every Friday we're hosting a drop-in for folk to heat up food and spend time without worrying about electricity bills. You can sign up to help to be around to help welcome them.

A SAINT TO KNOW

Ever seen a picture of someone being crucified upside down? It's St Peter who died in Rome and begged not to be crucified in the same way as Jesus for he felt he was not worthy. So they turned the Cross upside down. This simple fisherman shows us humility.
Feast Day: Wednesday 29th June.

DID YOU KNOW?

Do you have 'Spiritual Resilience'? What is it? It's the ability to maintain your beliefs in the face of adversity and hardship. It's part of the virtue called Fortitude. Practice your resilience by being kind to yourself, do the things you enjoy, find time to relax and even exercise.

NEVER GOOD ENOUGH?

Have you ever wanted to be a bit more braver, smarter or more liked. Praying to God to take away your insecurities and make up for everything you lack.

Everywhere we look, someone is telling us to be more like someone else, someone better and not ourselves. It's like 'we're just not good enough'

So If I told you that you you are good enough you wouldn't believe me so instead believe HIM. The Bible is full of proof his full acceptance of each and every one of us.

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them." Psalm 139:14-16

The call to perfection is always there (St Matthew 5:44) but we know we fail to live up to it. He asks us to try unceasingly, to take every opportunity to do better and to strive. To walk our own paths not anyone else's. So if it's not God making us feel bad, who is it? Mostly the world we live in. The reality is we waste time and so much energy living to other people's made up standards.

If we give up now trying to be everything the world asks and instead just concentrate on those things God tells us are really important. How much more happier would we be, instead of running a race that never has a finish line.

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." Galatians 1:10



TO WHOM SHALL WE GO?

by Father Morris

We're meant to be social beings: God looks upon Adam in the second creation account and observes that it's not good for him to be alone. The Bible reaches its conclusion in a city, the new Jerusalem. In cities people, as we know, have to live cheek by jowl with each other, with all the joys and challenges of city life.

And yet it ought not to surprise us when we see other folk in our life causing us problems. Jesus is betrayed by one of His disciples, Judas. Jeremiah constantly faces threats from others. The Psalmist speaks beautifully of being let down too: "Even my bosom friend in whom I trusted, who ate of my bread, has lifted his heel against me," (Psalm 41:9). Jesus warns us that faith in Him will lead us to be persecuted by others and that some of our relationships will become problematic (St Matthew 10:16-21).

Love is eternal though and our friendships and relationships are always to be participations in the eternal love that God the Father has for us in His Son, Jesus Christ.

We will feel insecure at times. "Does that person really like me? ... What's he saying behind my back? ... What's she going to think when I ask her this? ... Maybe if I'm friends with that person things will be better." Sometimes this insecurity is born out of putting too much emphasis on what other people think. God has the most accurate and the best estimation of us. He knows all our sin, even those unkind thoughts no one else knows we have, but He also looks on us with the best of what a father's love should look like. He sees us as His child, destined to dwell with Him for ever in Heaven. Jesus is the rock in whom we can find sure support: "God is our refuge and strength, a very present help in trouble," (Psalm 46:1).

When Jesus has finished teaching the crowds that His flesh must be eaten, the Bread come down from Heaven, many of them stopped following Him. Jesus asked those left if anyone else wanted to go and St Peter replied, "To whom shall we go? You have the message of eternal life." (St John 6:66-70). No need to worry about what anyone else thinks then! Rest

Keep in touch with us at St Marys

in the Loop
<https://www.facebook.com/StMarysLansdowneRoad/>

Email: s.marysoffice@btinternet.com **Website:** <https://www.smarystottenham.org/>

FEELING WORTHY

So what can we do when our self esteem is low, when we don't feel worthy or valued by those around us.

Here are some scriptures to meditate on. You may not believe them the first few time but if you hold these scriptures in your head they will begin to work their way into your heart. Trust me.

2 Corinthians 3:5

Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God.

St Matthew 6:26

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Hebrews 6:19-20

"We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek."

Phone: +4420 8808 6644